perplexity

List of 18 basic kicks

1/22/20125 Comments

Choujiao Basic 18 Kicks

1.Zheng ti tui - Straight swinging kick

2.Li he tui - Inside cresent kick

3.Bai lian tui - Outside cresent kick

4.Ce ti tui - Side swinging kick

5.Tan tui - Spring kick

6. Deng tui - Heel kick
7. Ce chuai tui or ti - Side thrust kick
8. Zhuang ti - Push kick

9.Cun ti - Inch kick

10.Cuo ti - Shovel kick

11. Shi zi tui - 10 kick

12.Ye li cang hua tui - Hide flower under leaves kick

13. Ye Li Zuai Lian Tui = Under leaves Syth Kick

14.Hua lan tui - Straight back kick/Flower Basket Handle kick

15.Jiu fan, Yuan Yang Tui - 9 flip, Mandarin Duck kick

16.a.Sao tang(qian) -Sweeping the hall (front)

b.Sao tang(hou)-Sweeping the hall (back)

17. Juezi Tui = Donkey kick

18. Hou Bai Lian Tui = Back Outside cresent kick (spinning back heel);how to each step by step

Here is the list of the 18 basic kicks in Choujiao martial arts:

1. Zheng ti tui - Straight swinging kick
2. Li he tui - Inside crescent kick
3. Bai lian tui - Outside crescent kick
4. Ce ti tui - Side swinging kick

5. Tan tui - Spring kick
6. Deng tui - Heel kick
7. Ce chuai tui or ti - Side thrust kick
8. Zhuang ti - Push kick
9. Cun ti - Inch kick
10. Cuo ti - Shovel kick
11. Shi zi tui - 10 kick
12. Ye li cang hua tui - Hide flower under leaves kick
13. Ye Li Zuai Lian Tui - Under leaves scythe kick
14. Hua lan tui - Straight back kick / Flower basket handle kick
15. Jiu fan, Yuan Yang Tui - 9 flip, Mandarin duck kick
16. a. Sao tang (qian) - Sweeping the hall (front)
    b. Sao tang (hou) - Sweeping the hall (back)
17. Juezi Tui - Donkey kick
18. Hou Bai Lian Tui - Back outside crescent kick (spinning back heel)[1].

These kicks form the fundamental kicking techniques in Choujiao, a traditional Chinese martial art known for its dynamic kicking and fast sequences[1] [2].

⁂

1. https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks
2. https://ensomartialarts.com/china/chuo-jiao/